

Medical Staff Health Committee Newsletter



Finding Meaning in Medicine: Emotional Intelligence & Medicine

Learn about emotional intelligence and its impact on your work style. Identify your work style through a self-assessment. All attending faculty members welcome!

****Refreshments will be served****

Wednesday, January 15th 12:00-1:00pm
200 Medical Plaza Room 447

Tuesday, January 28th 12:30-1:30pm
SMMC Conference Room 2-G360

Questions? Contact Sigall Rave, MSW at 310-267-2728.

Please **RSVP** to srave@mednet.ucla.edu.

Did you forget to RSVP? Drop-ins also welcome!

International Doctors in Alcoholics Anonymous (IDAA)

IDAA is a group of approximately 6,000 recovering health care professionals. For more information go to: www.idaa.org

The 65th annual IDAA meeting will take place July 30-August 3, 2014 in Palm Desert, CA. The meeting will be held at the JW Marriott Desert Springs Resort & Spa. A variety of recovery programs will be offered. Scholarships are available for individuals and families in need. For more information and to register go to: www.idaa.org/2014

Featuring a Physician

Happy 2014! Every month this year we will feature a UCLA physician who has an interest in physician wellness. This month we are featuring Scott Reiter, MD. Scott has written the following to us:

I have a personal and professional interest (and stake) in wellness. Especially physician wellness. I have lost a number of friends and colleagues over the more than 30 years that I have been practicing here. It takes a relatively small amount of energy for a large payback in wellness, or sometime just the feeling of wellness.



I bike at least three times a week and participate in community activities that free me from the "bondage of self". I feel "part of", not excluded. I want to be part of the solution, not the problem. Instead of meetings in a bar or the like, I prefer talking while doing something else, like biking en masse. I have a dozen bikes, trikes and tandem for the sole purpose of social rides. Let this be an open invitation to ride with me. Ride to live, live to ride!

Scott can be reached at: smcc@glowireless.com

What is the Medical Staff Health Committee?

The Medical Staff Health Committee is available to help educate staff regarding physician well-being and compromise.

The committee assures patient safety by providing a mechanism to identify and treat staff members with conditions that compromise their ability to provide optimal patient care.

In addition, the committee encourages and monitors physician treatment and rehabilitation.

Do you have questions about the Medical Staff Health Committee? Contact:

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310-206-2782
kmiotto@mednet.ucla.edu

Sigall Rave, MSW, *Clinical Coordinator*
310-267-2728
srave@mednet.ucla.edu

Committee Members

Murray Brown, MD	Scott Reiter, MD
Stephen Chen, MD	Jun Sasaki, MD
Stacy Cohen, MD	Michael Sopher, MD
Erik Dutson, MD	Paula Stoessel, PhD
Grace Holiday, CPMSM, CPCS	Sam Wald, MD
T. Warner Hudson, MD FACOEM, FFAFP	
Walter Ling, MD	
Larissa Mooney, MD	
Mark Morocco, MD	Karen Miotto, MD
Neil Parker, MD	<i>Chair</i>
Kate Perkins, MD, PhD	Sigall Rave, MSW
Chris Pirok, MD	<i>Clinical Coordinator</i>
Robert Pynoos, MD	

Counseling & Consultation

The UCLA Staff and Faculty Counseling Center provides **free** counseling, assessment, and referral services to faculty and staff and their immediate family members. Contact: 310-794-0245

Mindfulness Tip

Try to bring awareness to the daily activities you usually do on autopilot. Pay more attention as you brush your teeth, take a shower, eat breakfast, or commute to work. Pick one of these as a cue to remind you to be mindful at least once a day.

